

# Cycling UK

## Group Rider Checklist p1

**we are**  
**cycling**  
The cyclists' champion **UK**



Joining a group ride is more than just the chance to make new friends – there is no better way to find the best cycle routes, bike shops and cafes in your area. Whether with a local Cycling UK group or at an event, following an experienced Ride Leader with like-minded souls can enhance your cycling – and may lead to further adventures in the great outdoors.

Your fellow riders can also give you tips on choosing and maintaining your bike, improving your fitness and riding style, as well as provide moral support and even encourage you to try out a whole new style of cycling. These guidelines will show you how to get more out of the experience.

### Where do I find a ride near to me?

- There is a list of Cycling UK groups at [www.CyclingUK.org.uk/localgroups](http://www.CyclingUK.org.uk/localgroups) or consult our UK Cycling Events guide at [www.CyclingUK.org.uk/uk-cycling-events](http://www.CyclingUK.org.uk/uk-cycling-events).
- Contact the local group to discuss the kind of rides they do – the chances are there will be a group locally that matches your requirements. If not, they may know of others that will. Cycling UK members are free to ride with any Cycling UK Member Groups anywhere in the country so contact them if you are nearby. Affiliate groups may charge a fee to join or have other entry criteria.
- The group should have a ride or 'runs' list, either in print or on a website, with its upcoming activities. Some groups use social media such as Facebook, Twitter, Instagram and also group magazines.
- It's a good idea to contact the Ride Leader first to let them know you are thinking of coming along. If you are not a member of the group yet, you will usually be able to come along for up to three times before being asked to join

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### p2

#### What's it like on a group ride?

- You will have an experienced Ride Leader who will have a great route planned so relax and enjoy it
- If you are new to group riding, let them know – they will keep an eye on you, or assign someone to do so.
- You will be asked to complete a Signing In/Out Sheet with your contact details.
- Keep in mind that Ride Leaders and Assistant Ride Leaders are volunteers so listen carefully to any instructions. Let them lead!
- They should explain any jargon and hand signals they may use to keep control of the group, however you are always ultimately responsible for your own safety.
- If you fall behind, don't worry – your group should wait for you at the next junction or at the top of a climb.
- Be aware of the Highway and Countryside Codes and always remain courteous to all other road and trail users.

#### What should I bring on a group ride?

- Any appropriate cycle in good working order. If in doubt, have it checked over by a local bike shop or qualified mechanic
- Carry at least a spare inner tube, pump and tyre levers
- Dress for the weather and bring a spare layer
- Bring a drink and a snack or energy gel plus a picnic or cash for refreshments if out all day
- Good lights are essential if there is any chance of riding in the dark or poor visibility
- Medication if required
- Emergency contact details

#### Top Tips

- Find your ride at: [www.cyclinguk.org/groups-listing](http://www.cyclinguk.org/groups-listing)
- Let the Ride Leader know if you are new to riding or to the group
- Listen to all instructions carefully and do not overtake the leader unless instructed to do so
- Abide by the Highway and Countryside Codes
- Have a great ride and come back for more!